Root Vegetable and Bean Soup

Ingredients:

- 1 packed cup baby spinach
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 carrot, chopped (½ cup)
- 1 celery, chopped (½ cup)
- 1 parsnip, chopped (½ cup)
- 1 turnip, chopped (½ cup)
- 1 can kidney beans
- 6 cups vegetable broth
- 1 tablespoon mirin
- 2 bay leaves
- ¼ tsp black pepper

Instructions:

1. In a large pot over medium heat, heat the olive oil until it shimmers. Add the onion, carrot, celery, parsnip, and turnip; and sauté until the onion is translucent—about 4 minutes.
2. Add the beans, and stir to combine. Add the vegetable broth, mirin, and bay leaves; and stir to combine.
3. Increase the heat to high, and bring the liquid to a boil. Then reduce the heat to low, cover the pot, and simmer until the beans are tender, about 20 minutes.
4. Stack the spinach leaves, roll them up, and then slice them into ribbons. Work in batches if needed.
5. Remove and discard the bay leaves. Stir in the spinach ribbons and black pepper.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	**401**
	% Daily Value*
Total Fat 24.7g	**32%**
Saturated Fat 3.7g	**18%**
Cholesterol 0mg	**0%**
Sodium 748mg	**33%**
Total Carbohydrate 38.8g	**14%**

Nutrition Facts	
Servings: 4	
Dietary Fiber 7.6g	**27%**
Total Sugars 11.7g	
Protein 10.6g	
Vitamin D 0mcg	0%
Calcium 92mg	7%
Iron 3mg	17%
Potassium 931mg	20%